

2013: YEAR OF THE COMETS

Derik Elliott's Baseline Jumper with Three Seconds Left Wins All "A" Championship



The 2013 Comets take their place amongst the champions of Comet past with their improbable 2013 All "A" Classic Championship



By Michael Toon
Carlisle Weekly

It seems that every state tournament run in the 2000's for the Carlisle County Comets has a big shot or lasting memory. In 2001 Jeff Solomon hit a three pointer in the fourth quarter's opening moments to thwart a Paducah Tilghman rally to give Carlisle County its first Region One Championship since 1983.

In 2004, a miraculous three pointer by Cody Yates from the corner with two seconds left in the opening game of the First Region Tournament propelled the 2004 Comets to the First Region Championship. Now, you can add Derik Elliott to the list of memorable shots to seal a championship. With the Comets trailing with a little over 15 seconds remaining and Head Coach

Brian O'Neill calling his final timeout.

The play was designed for Elliott to come off a screen from "Big Country" Marcus Burnett and shoot it so that in the event that he missed the shot there would be enough time left on the clock for Burnett to have an opportunity for the put back.

No put back was needed, as Derik Elliott came off of the screen and splashed a go ahead jumper from the baseline with three seconds and heavily guarded by Mayfield big man Jake Tyler left to give the Comets the lead and after Mayfield could not get their final shot off, the school's second All "A" Classic Championship.

Elliott told the Carlisle Weekly that when he launched the shot he never saw it go in because Tyler was draped over him. "When I released it I knew where it was going," Elliott said.

A jubilant Comet crowd stood and cheered, as the Comets sealed what some feel, is the school's most improbable championship.

2013 began inauspiciously, as the Comets were soundly defeated by the St. Mary Vikings in the season's opening game; 81-49. In the next six games the Comets limped to a 3-3 record, as they tried to find their rhythm.

The Comets then won six in

a row and showed signs of life during a 1,000 mile road trip over the holiday season, as Freshman Ethan Weatherspoon began to give the team a needed push and the overall team effort improved as well.

However, heading into the All "A" Classic back to back losses to Hickman County and Heath deflated Comet fan morale, as the fan base had every right to think that the Comets' stay in the 2013 All "A" Classic was going to be a short one.

As the All "A" began the Comets made a statement early that they were in it to win it, as freshman Ethan Weatherspoon made his first career start, scoring a career high 12 points, as the Comets jumped out to a 16-2 lead on their arch-rivals, the Hickman County Falcons. The Comets were firing on all cylinders, as they beat Hickman County 83-71.

Coming into the semi-finals against St. Mary, once again, public perception would say that St. Mary would once again bomb the Comets with a barrage of three pointers and the game would be over. However, the Comets avenged their early season beating by winning 67-63.

Then came Saturday night; their third game in three nights against a Mayfield Cardinal team that battled the Comets to the wire in an ear-

lier meeting at CCHS. Unlike the previous two games the Comets trailed for the whole contest. At one point Mayfield pushed its lead out to ten points, but once again, the Comets proved doubters wrong and fought back and won the game.

For this team of Comets and the senior class it is truly a memorable moment. A team that most doubted could find the consistency to put together three gut check, hard fought games, simply did just that and proved every doubter and every skeptic wrong.

For the doubters and skeptics it was the five seniors and their teammates laughing at the end. Marcus Burnett; who had 16 points and 23 rebounds in the championship game, Keaton Marlow; who along with junior Chase French gave solid bench play for Comet starters who were in foul trouble; Derik Elliott; who had a huge game against Hickman County and hit the championship game winner; Cody Rowe; who transferred from Graves County to Carlisle County and gave the Comets a fourth scoring option during the championship run and Tanner Guhy; who has seemingly not missed a three pointer in the last month.

This team simply would not roll over and take no for an answer and after their poor

start to the year worked each and every day to improve their work ethic and get better. For that, they will be forever remembered during this memorable All "A" Championship run.

For Carlisle County Head Coach Brian O'Neill it was his 250th career victory, second All "A" Classic Championship to go along with his two First Region Championships.

The Comets were met coming back from Paducah by the Carlisle County Sheriff's Department and received a police escort to the school where a pep rally was held and where Coach O'Neill commented on the team's remarkable and improbable run. "I told the guys in the locker room after the game that this would be something that you will never forget and your name will forever be hung in the rafters at Carlisle County High School," O'Neill said.

The Comets will play the 5th Region Bardstown Tigers on January 24, 2013 at 8:30 a.m. at the Frankfort Convention Center.

On February 23rd, Carlisle County Judge Executive Greg Terry proclaimed that day "Carlisle County Comet Day" to recognize the accomplishments of the student athletes and coaching staff of the Carlisle County Comets.

Deadline for all news and advertisements is Monday by Noon.

The Carlisle Weekly Office is located in Bardwell, KY at 515 US HWY 51 North
Please visit us online at www.carlisleweekly.com

E-mail us at weekly@ccky.net

Phone: 270-562-3032



COUNTY NEWS

Flu Season Causes Carlisle to Dismiss for Two Days

Flu season is upon us and in full swing. This was the case for Carlisle County School system this past week. At the end of Tuesday January 15, 2013, there were 109 students throughout the whole school who were absent or had gone home throughout the day with sickness. Randy McCallon, Carlisle County Superintendent stated, "We chose to take the two additional days off after the weather risks, to ensure that our students were back to the best health that they could be without spreading more of the flu to other students."

The school dismissed Tuesday with the thought of coming back to school the following morning, but the students and teachers together were surprised for a full week out of school. Thursday and Friday were days that the students got out were for the flu and the

sickness that had been going on within the school. The dates that the students missed will be recorded and in the next couple of weeks a final schedule will be made as to when the tentative date for final dismissal is. Part of the scheduling conflict is the boys All a State Tournament, which the school system dismissed school Thursday. Whether the boys win or lose on Thursday will be a determining factor for the final dismissal day. "We will have to make up at least half of the days that we have missed. Students have a certain amount of instructional hours that must take place."

A few thoughts and tips for the rest of those who have not gotten the flu, quite yet. 1. Talk to your doctor. Get professional advice if you are at risk for complications from flu. 2.

Wash your hands frequently. Flu viruses are spread by droplets from infected people when they sneeze, blow their nose, or wipe away secretions from their nose or eyes. During flu season, everyone should be encouraged to keep their hands out of their mouths, avoid rubbing their eyes and wash their hands thoroughly several times a day, especially before meals. 3. Eat a healthy diet rich in vitamins C and E. Foods containing these vitamins are believed to be helpful in supporting the immune system. Foods rich in vitamin E include sunflower and corn oils, sunflower seeds, and nuts such as almonds and peanuts. You can get your daily vitamin C from foods like orange juice, citrus fruits, broccoli and green peppers. And make an effort to reduce your intake of concentrated

sugar (e.g. soda, candy) because excessive sugar impairs the immune response.4. Get a good night's sleep. Lack of sleep may profoundly inhibit your immune system. Get a full night's sleep to keep your body's natural defenses at optimum efficiency. 5. Stay hydrated. Increasing your water intake will help you stay healthy and lessen the chance of you coming down with flu. When you are feeling under the weather, drinking extra fluids prevents dehydration caused by fever, loosens mucus, and keeps your throat moist. Warm liquids are preferable, and there is some evidence that inhaling steam early in the course of a cold or flu may reduce the spread of viruses in your upper respiratory tract. 6. Keep Oscilloccinum® readily available. Oscilloccinum

(Oscillo®), one of the world's most popular natural flu medicines, can reduce the duration and severity of flu-like symptoms when taken at the onset of symptoms. Its use is supported by published clinical studies, as well as more than 65 years of use throughout the world. Plus, unlike other flu medicines, Oscillo has no known side effects, it does not interfere with other medications, and it is safe for both children (older than 2 years of age) and adults. 7. Exercise regularly. Not only can regular exercise lower stress, but research indicates that exercise can stimulate the immune system and promote healthy sleep. In a recent study reported in Medicine and Science in Sports and Exercise, scientists found that modest exercise may prevent the elderly from getting colds and flu. 8. Listen

to your body. If you do come down with a cold or flu, take it easy. Spending excessive energy steals valuable resources from the immune system. Even attempting to perform normal activities at work or school may be too much. Besides, if you believe you're coming down with flu, probably the best thing you can do for friends and family is to not expose them unnecessarily to the virus. 9. Seek help if you get worse. If your symptoms become significantly worse after the first three days of illness, especially if your fever subsides and then returns, be sure to seek medical attention right away. The reason that flu is considered a potentially dangerous infection is that it leaves the body vulnerable to other infections like pneumonia.

Treece Graduates from Murray State University



Amber Treece from Arlington, Kentucky graduated from Murray State

University on December 15, 2012. She received a Bachelor's of Science in Learning and Behavior Disorders and Middle School English. Amber is the Daughter of Harold and Donna Treece and the Granddaughter of Lynn and Joyce Dunn. Established in 1922, Murray State University has become known through the years as a student-centered university

where the emphasis is on academic excellence. For the past 22 years, Murray State has been ranked by U.S. News & World Report as one of the top public universities in the nation for its quality and affordability in education. In addition, Forbes ranks the university as one of its top, "Best Buy Colleges." Murray State University has an enrollment of 10,832 students.

The Carlisle Weekly will be closed Wednesday January 23rd, and Thursday January 24th, while in attendance at the Class A Tournament.
Please leave any information in the deposit box, email weekly@ccky.net or call 270-562-3032 and leave a voicemail.
Thank you!

Friday Science Night Fun For Local Youth at WKCTC

Exploring the science of severe weather and light, experiencing real space artifacts and creating fantastic Lego contraptions are just a few ways local youth can learn the basics of science at West Kentucky Community and Technical College (WKCTC) beginning February 15.

Children ages six to twelve can learn fun and exciting science concepts by attending Friday Night Science taught by Hooked on Science's Jason Lindsey. This event will be held during February and March.

The class schedule is as follows:

February 15 – Lego Science
Spend the evening playing with more than 6,000 Legos. Kids will practice their speed building by creating their best Lego contraptions and more. Each student will

receive a FREE mini Lego.

February 22 – Ice Cold Science
From making ice cream to creating snow, kids will learn all about the science behind ice that is 109.3 degrees below zero.

March 1 – Grossology
Ewww! That's is so gross! From eating bugs to dissecting owl vomit, kids will explore some of the most disgusting topics in science.

March 7 – Storm Chaser 101: Junior Storm Academy
How do tornadoes form? How hot is lightening? From creating your own tornado to making a cloud, kids will explore the science of severe weather.

March 22 – Space Adventure
Kids will experience a part of American history. From original insulator pieces flown in space on the 20th flight of space shuttle At-

lantis to a piece of space tile insulation, kids will touch space shuttle artifacts. Plus, kids will build rockets and plant space-exposed seeds.

March 29 – Laser Pegs
Using Laser Pegs 3D Light Board, kids design structures and discover the science behind light.

Friday Night Science will be held at WKCTC's Emerging Technology Center from 5:00-7:00 p.m. each night. The cost is \$20 for each class. Participants who sign up for all six sessions will receive a ten percent discount.

To register, call 270-534-3335 or go online at <http://ws.kctcs.edu/westkentucky/category/category.aspx?C=&S=4>

Bardwell City Council Holds First Meeting of 2013

*Kay Presson
Special to Carlisle Weekly*

Tuesday, January 15, at 5 pm, Mayor Phillip King called the first meeting of 2013 to order, and welcomed those present. Those present included: Mayor King, Adrian Burgess, Melissa Martin, Mahlon Thomas, Michael Hoskins, Edwina Turner, Ronald Smith, Steve Stacy, Justin Shehorn, Lily Morefield, and myself. It was Justin Shehorn's first meeting as a City Council member.

The Pledge of Allegiance was led by Mayor King, and the meeting resumed.

A motion was made by Steve Stacy and seconded by Mahlon Thomas to approve Minutes of the previous meeting, with any necessary corrections, and unanimously approved.

Following was the Financial Report, and a motion was made by Mahlon Thomas, seconded by Ronald Smith and unanimously approved by the Council to approve the Report.

A lengthy discussion followed regarding the Monthly Bills regarding sanitation bill. After the discussion, Ronald Smith made a motion, seconded by Mahlon Thomas and unanimously approved by the Council to accept them as presented.

Next item on the agenda was the PADD (Purchase Area Development District) report on the generator project. Jeremy Buchanan was not present, however, the generator has been ordered and will be arriving. Also, the water tower project is finished.

Item Seven on the agenda concerned the Front Street property. A letter from EPA had been received, and a copy was sent to Jason Batts, City Attorney. A lengthy discussion followed on the subject. Many concerned citizens have inquired about the property on Front Street that was damaged in the tornado and later burned.

First reading of Ordinance 87-2013, pertaining to vacant property. Mayor King had researched through KLC (Kentucky League of Cities), A discussion followed regarding vacant residential properties, which could potentially present a hazard. Michael Hoskins made a motion, seconded by Justin Shehorn that the item be placed on next month's agenda, and unanimously approved by the Council. There are approximately 25 vacant properties.

Alley closings then were discussed. Information had been received regarding the legal closing of alleys maintained by the City of Bardwell.

Mayor King then stated that Peggy Rexroat had contacted the City and requested a donation for Relay for Life. A discussion followed, and motion was made by Michael Hoskins, seconded by Edwina Turner, and unanimously approved to give a \$100 donation to boyth Relay for Life and Project Graduation.

Mayor King's announcements included Firewise and the Fire Department. He stated that Melissa has worked on the tornado siren grant that will give more coverage to Bardwell.

There being no further business, the meeting adjourned with a motion from Steve Stacy, seconded by Michael Hoskins and approved.

BARDWELL

CHURCH OF CHRIST

SUNDAY: 9:00 A.M. BIBLE STUDY
10:00 A.M. WORSHIP SERVICE
6:00 P.M. WORSHIP SERVICE
WEDNESDAY: 7:00 P.M. BIBLE STUDY

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CHURCH OFFICE HOURS
MONDAY-FRIDAY: 8:00 AM- 4:30 PM
(CLOSED 12:00-1:00 PM FOR LUNCH)

LOCAL NEWS

Ginn Signs to Play Softball at Labette in Kansas

Kendra Hays
Carlisle Weekly

Morgan Ginn the 17 year-old daughter of Kimberly and Scott Ginn of Fancy Farm, Kentucky signed to be a pitcher for Labette Community College in Parsons, Kansas.

As Morgan starts this new journey she is excited, yet nervous. From the time that she was eight, she has stated that her dream was to be a college softball pitcher and is now doing what she has always wanted to do. Through travel softball as well as playing school softball, ball, was the one thing that kept Morgan busy.

"The thing we are most proud of is that she has never given up and has continuously worked hard to achieve her goal," her father Scott Gin proudly stated.

Labette Community College has proven itself to be one of the top com-

munity college softball programs in the country,as they have plac ed in the top five in the national rankings two of the last five years, topping out at #3 in the nation, while going 122-37 over the past three seasons.

Labette Community College has placed players in Division I college programs such as the University of Kansas, Wichita State and Missouri State University.

The benefits of Morgan signing with Labette is going to enhance not only her softball playing

but also her future education as well.

Ginn, and Jenna Babb who recently signed to play with Brescia. Morgan and her mother, Kiim, and Father Scott, as well as coaches, David Hardy and Kevin Burgess



Donor Identification Now Available on Licenses

Associated Press
Kentucky Department of Transportation

Kentuckians who want to become organ donors can have their wishes known with a special symbol on their licenses or ID cards that also adds their name to the Kentucky Organ Donor Registry.

The option becomes available Tuesday. In the past, Kentuckians using a license or ID card to show they want to be organ donors could only do so by signing a statement on the back along with two witnesses. While that option is still available, it does not add

the person's name to the registry. The Kentucky Transportation Cabinet said in a news release that joining the registry is a more definitive step because a license or ID may not be available at the time of death.

Military Veteran Farm Programs Launch

Agriculture Commissioner James Comer today launched two new programs to help Kentucky military veterans find jobs in agriculture and sell their farm products.

Kentucky Proud Jobs for Vets connects veterans looking for work with farmers who need labor. Homegrown by Heroes is a new logo that identifies farm products produced by Kentucky veterans. The programs will operate out of the Kentucky Department of Agriculture.

"Kentucky Proud Jobs for Vets and Homegrown by Heroes enable Kentucky veterans to pursue careers in agriculture," Commissioner Comer said in a news conference at the Boone Center National Guard Army Aviation Support Facility in Frankfort. "With these programs, the department is doing its part for those men and women who have already done their part to protect our great nation."

Kentucky Adjutant General Edward W. Tonini thanked Commissioner Comer and the department for launching the veterans programs and

pledged the Kentucky National Guard's support to help them succeed. "I truly appreciate your demonstrated patriotism and the unbridled service to the Kentucky National Guard and the troops of Kentucky," Gen. Tonini said.

Michael Lewis, a Berea farmer, veteran, and director of the Growing Warriors program that helps veterans get started in agriculture, said the Homegrown by Heroes logo "gave me the courage to step out of my comfort zone" and buy his own farm.

"Homegrown by Heroes is more than a label," Lewis said. "It's a call to action. We all ... have a responsibility to seek this label out and thank a veteran by buying their product."

Kentucky Proud Jobs for Vets is a strategic partnership initiative between the department and USA Cares, a Kentucky-based 501(c)(3) charitable organization that provides financial and advocacy support to military members, veterans, and their families. Kentucky Proud farms and agriculture-related

businesses may participate. Farms and businesses in the program may display the Kentucky Proud Jobs for Vets logo.

The U.S. Bureau of Labor Statistics reported that the unemployment rate among post-9/11 veterans nationwide was 10.8 percent in December 2012, compared with an overall unemployment rate of 7.8 percent.

The Homegrown by Heroes logo will enable consumers and retailers to identify Kentucky Proud products produced by Kentucky farmer/veterans, providing an incentive for consumers to buy those products and for retailers to stock them on their store shelves. At the news conference, Commissioner Comer said he is working to expand the Homegrown by Heroes concept nationwide.

To find out more about Kentucky Proud Jobs for Vets and Homegrown by Heroes, and to learn how you can help, go to www.kentuckyproud.com/vet or www.kyagr.com

Local Deaths

Thelma M. Signs, 94

Thelma M. Signs, age 94, of Lakeland, FL went to heaven on Monday, January 14, 2013 due to natural causes. She was born October 1, 1918 in Central City, Mullenburg County, KY the daughter of Thomas Jefferson Jones and Pearl (Holder) Jones. She was the middle child in a family of seven. She met the love of her life, Jesse H. Signs when he came to serve with the Civilian Conservation Corps in Kentucky in 1935. They

married and returned to Ohio which was Jesse's home State where they resided for 44 years. Two children were born to them, a daughter: Shirley A. Signs Hynds and son: Thomas E. Signs. Thelma was a homemaker and of the Baptist Faith.

In addition to her parents and siblings, Rex, Ray, Homer, Talmadge, Avanel, and Louise, Thelma was preceded in death by her husband: Jesse Howard Signs

and son: Thomas E. Signs. She is survived by her daughter: Shirley Hynds of Lakeland, 7 grandchildren, 19 great grandchildren and 14 great great grandchildren. Visitation is Friday, January 18, 2013 from 2-3pm with funeral services at 3pm, both at Ott-Laughlin @ Glen Abbey, 2198 K-Ville Avenue, Auburndale, FL 33823. In lieu of flowers, memorial donations may be made to Corner Stone Hospice.

Charlie Hamlin, 85

Mr. Charlie Hamlin, age 85 of Clinton passed away 2:35 AM Tuesday at the Arbor

Place of Clinton. Funeral arrangements for Mr. Charlie Hamlin are incomplete at this

time at the Brown Funeral Home in Clinton.

Barbara Kay Whittaker Cloar, 58

Barbara Kay Whittaker Cloar, 58, of Bardwell died at 10:25 a.m. Sunday, Jan. 20, 2013, at Baptist Memorial Hospital in Union City, Tenn. She was a cook at Baptist Memorial Hospital in Union City. She was of the Baptist

faith. She is survived by a sister, Donna Holder of Bardwell; a brother, Robert Burns of Bardwell; and several nieces and nephews. Her parents were Dolphis C. Whittaker and Woody &

Geraldine Galey Burns. Services will be 2 p.m. Wednesday, Jan. 23, 2013, at Milner & Orr Funeral Home of Bardwell with the Rev. Robert Barnett officiating. Burial will follow at Roselawn Cemetery.

Sherrell Morgan Mathis, 75

Sherrell Morgan Mathis, 75, of Melber died Friday, January 18, 2013, at 3:20 a.m. at his home. Sherrell was born November 2, 1937, in Detroit, Michigan, to the late Walter Allen Mathis and Macie Pauline McGee Mathis. He served in the Army National Guard and was of the Christian faith. Sherrell had worked as a welder for Marine Ways and retired as a farmer.

He is survived by his wife of 50 years, Doris Ann Revelle Mathis; a son, Wesley Kevin Mathis of Melber; three grandchildren, Candace Jade Mathis, Brent Morgan Mathis and Victoria Rose Mathis; a sister, Elna (Charles) Katterjohn of Lone Oak; and five brothers, Allen (Arlene) Mathis of Melber, Larry (Joyce) Mathis of Mayfield, Kennith (Anita) Mathis of Melber, Wayne (Betty)

Mathis of Melber, and David (Wanda) Mathis of Melber. He was preceded in death by a sister, Eva Candace Mathis, and his parents. Funeral services were held Monday, January 21, 2013, at Lone Oak Chapel of Milner & Orr Funeral Home with Don Smith and Scott Farrington officiating. Burial will follow at Owens Chapel Cemetery.

Roger Lewis Jr., 61

Roger Lewis Jr., 61, of Arlington died at 9:01 p.m. Thursday, January 17, 2013, at Vanderbilt Medical Center in Nashville, Tenn. He was a laborer for Kohler of Union City, Tenn., for 24 years and attended Mt. Sinai Baptist Church of Clinton. He is survived by his wife, Wanda Scott Lewis; five daughters, Jasmine Scott of Arlington, Breka Moore of Memphis, Tenn., Allison Brown of Union City, Stephanie Taylor of

Louisville, and Tiffany McCampbell of Mayfield; seven sons, Rodrick Lewis of Nashville, Carlos Lewis of South Fulton, Tenn., Sean Turner of North Carolina, Demetrius Pirtle of Union City, Chris Turner of Atlanta, Kendall Thomas of Mounds, Ill., and Phillip Scott of Arlington; five sisters, Mildred Ann Bowen of South Bend, Ind., Annette Lewis of Union City, and Elizabeth Lewis, Virginia Lewis, and Gwendolyn Lewis, all of Kalamazoo, Mich; one

brother, Dale Brown of South Fulton; several grandchildren; and one great-grandchild. He was preceded in death by one sister and one brother. His parents were Leroy Brown and Minnie Jo Lewis Charlie. Services were, January 26, 2013, at Milner & Orr Funeral Home of Arlington with Revs. Tony Johnson and Eugene Coleman officiating. Burial followed at East View Cemetery in Union City.

John August Meyer Jr., 23

John August Meyer Jr., 23, of Arlington, formerly of Cairo, Ill., died at 2:12 p.m. Wednesday, Jan. 16, 2013, at his home. He was a caregiver. He is survived by his father, John A. Meyer Sr. of Cairo; his mother, Legina Pyron of Olive

Branch, Ill.; two brothers, Gerald Meyer of Cairo and Matthew Meyer of Olive Branch; his paternal grandmother, Mary Daniels of Anna, Ill., and maternal grandmother, Letitia Jackson of Arlington; two stepsisters; and two stepbrothers.

Services were Saturday, Jan. 19, 2013, at Jones Funeral Home in Villa Ridge with Rev. Tronzo (Matt) Graham officiating. Interment followed at Green Lawn Memorial Gardens in Villa Ridge.

Ronald Eugene Humphrey, 60

Services for Ronald Eugene Humphrey, 60, of Fancy Farm will be at 11 a.m. Friday, Jan. 18, 2013, at Brown Funeral Home in Mayfield. The Rev. Mickey Fowler will officiate. Burial will be in Woodlawn Memorial Gardens in Paducah. Mr. Humphrey died at 11:44 a.m. Tuesday, Jan. 15, 2013, at Western Baptist Hospital in Paducah. He was the owner of Ron's

Carpet and a member of Pryorsburg Independent Bible Methodist Church. Survivors include his wife, Brenda Enoch Humphrey; two daughters, Kammie MacCk-owey of Calvert City and Ronnica Humphrey Roberts of Metropolis, Ill.; three stepdaughters, Kim Craven of Limestone, Tenn., Jennifer Carneal of Franklin, Tenn., and Christy Page of Pryorsburg; his

father, Hubert Eugene Humphrey of Paducah; one brother, Greg Humphrey of Paducah; one sister, Tootsie Aldridge of Eddyville; and seven grandchildren. He was preceded in death by his mother, Mildred Walls Humphrey.

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WEEKLY VOICES

SENIOR CITIZENS' SCENE

By Kay Presson

Anytime Carlisle County Schools are closed due to bad weather, Carlisle County Senior Citizens Center is closed. Late Tuesday afternoon, we had a lot of sleet, making the roads unsafe to travel Wednesday. Therefore, the schools were closed, as well as the Senior Citizens Center. However, by Friday, January 18, the weather cooperated and six of us 'senior citizens,' and Director Kim Neville went on a trip to Paducah.

Following are details of that great trip. It was the first time I accompanied them, and it was absolutely wonderful!

Our first stop was at Hobby Lobby, and although I had not purchased any art supplies in years, bought some pastel chalk to use in a "show and tell" event coming up at the Hilltoppers next meeting (see accompanying article, "Hilltopper Happenings."

Our lunch, we ate at Cracker Barrel, and enjoyed a delicious meal. During the meal, we discussed various recipes from our childhoods. It was a very interesting conversation with a lot of laughter.

Those of us who went on our trip were: Kim Neville, Iwana, Pat, Magdalene, Marie, Agnes, and myself. We complimented Kim on her excellent driving.

I would like to reiterate...this was my first trip with the Senior Citizens, however, I plan on accompanying them as well as the "Golden Oldies Kitchen Band." For, this is truly enjoyable!

HILLTOPPER HAPPENINGS

By: Kay Presson

Last month, at the invitation of Sarah Ann Hobbs, I joined the Hilltoppers, which was formed by Bro. Ray and Shirley Provow in 2003.

Following is my account of the meeting held Thursday, January 17. Thanks to Sarah Ann Hobbs, who picked me up and transported me to the meeting held at Bethlehem Baptist Church in Cunningham.

Those of us in attendance were: Sarah Ann Hobbs, Emmie Garnett, Joyce Mason, Ina Cooper, Charles Wiley, Mary Ann Russell, Rose Pirtle, Esther Wright, Mary Louise Wright, Mary Louise Kent, Johnnie and Eugene McDonald, Martha Holbrook, Mary Ann Crisp, and myself.

We enjoyed the delicious meal, the wonderful message, and Tim Harvey's great singing. Tim played the guitar and sang. He is a very talented young man. Thanks to Bethlehem Baptist Church for allowing us Hilltoppers to utilize their excellent facilities.

We received a handout, which is as follows: (YOU SAY GOD SAYS BIBLE VERSES) "It's impossible." "All things are possible." Luke 18:27 "I'm too tired," "I will give you rest." Matthew 11:28-30 "Nobody really loves me." "I will love you." John 3:16 & John 3:34 "I can't go on," "My grace is sufficient." II Corinthians 1:1 & 2:9 & Psalms 3:5-

ONE PRESSON'S VIEW

By Kay Presson

During our lifetime, we meet many great people, and, I had the good luck to meet a nice, intelligent young man during Christmas holidays. Hmmm, that got your attention! He is the son of Sarah Ann Hobbs, and was visiting with her after her trip to visit him in Pennsylvania. Stephen is a pastor, and is a very wise young man.

Sarah Ann, Stephen and I ate at Luke's, and we had an interesting discussion. He and Sarah Ann picked me up at my home here in Bardwell, and we drove to Luke's. The food was delicious, the atmosphere was friendly, and the service was excellent. Stephen is a son of which any mother would be proud.

Earlier that week, my daughter, Genet, her two little girls, Xandra and Savannah and I had eaten at 51 Grill. When I saw Cajun food on the menu, I knew what to order. For, in the 1950's, my paternal grandparents, James Sylvester and Anna Mae Throgmorton (Papa and Mama Susie), had owned and operated a restaurant in Baton Rouge, Louisiana. When they returned to McCracken County, many of our family get-togethers had a delicious, authentic meal with Cajun food.

When I ordered and ate my meal at 51 Grill, it was true Cajun food.

So, thanks to Luke's and 51 Grill for delicious meals. And, thanks to Sarah Ann and Stephen Hobbs for your friendship.

MISSISSIPPI NEWS

Visitors are always welcome to all our church services. Sunday morning, Men's Prayer Meeting starts at 9:15. Sunday School starts at 9:45. Worship service is still the same time at 10:50. Sunday night preaching service is at 6:00. Wednesday night meal is at 6:00, students and adult Bible study and prayer meeting is at 7:00.

Sunday morning the call to worship was "There's Something About That Name" and "Saved To The Uttermost" was the choir special. Our daughter, Amy Tellier was home and sang the special music, "On The Banks Of The Promised Land". Bro. Jason read from John 8:34-36 and the subject was "We Are Free Indeed". Bro. Mark read from 1 Samuel 24:8-15 and the subject was "Temptations Of Life."

Sunday night the call to worship was "Something Beautiful" and "I Have Decided To Follow Jesus" was the choir special. Bro. Mark read from 1 Samuel 25:1-11 and the subject was "Decisions We Make". Congratulations to our Comets! They won the All-A-Classic Tournament. They will be playing this week in Frankfort.

We wish a Happy Birthday to Don Hinkle, Malachiah Hogan-camp, Mary Kay Thompson, Michael Dix, Beverly George, Makynlee Todd, and my great-nephew, Landon Holder celebrates his 1st birthday, January 23.

In celebration of Landon's first birthday he was given a birthday party Saturday at New Harmony Baptist Center with friends and family. Sarah Tellier and I attended. Amy met friends and former classmates at Applebees for a time of food and catching up with each other. Saturday night they visited with Stephanie Green and boys. Sunday afternoon they visited with Mary Kay Thompson and Brook Kemp.

Happy Anniversary to Bobby and Heather Ballard, Bro. Mark and Cindy Burnett, Nelson and Dian Todd, and Roger and Gail

Bishop.

Pray for all the sick and injured: Ernie Brown, Lavada Bean, Jo Hayes, Misty Webb, Ricky Blackwell, Justin Todd, Jane Webb, Barbara Whittaker, Bryce Owens, Gary Lane Owens, Dathol Kevitt, Dr. John Cecil, Bro. Rocky James, Davis McCammon, Louise Tellier, Charles Weatherspoon, Zachary Smith, Danny Byer, Judy Todd, Laken McCallon, Monica Muscovalley, Gerald Gupton, Terri Gardener, Mike Pogue, David Myers, Danny Henderson, Christina Edwards, Alleta Edging, Rick Bond, Scott Piet, Brenda Toon, Lela Wade, Dylan Moore, Wanda Hoskins, Paul Piet, Will Ben Martin, Steve Morris, Beverly Barnhill, Frances Polivick, Kay Presson, Carolyn Burpo, Anna Mae Pace, Steve Wright, Mary Helen Pruitt, David Boren, Melinda Wilson, Jesse York, Brandy Russell, Debbie Crider, Edward Bugsby, Earl and Mary Wallace, Leon Wallace, David Huff, Jean Terry, Marshall and Patty Higgs, Sue Burpo, Sue Bobo, Betty Molln, Destiny Wilson, Ronny Burge, Betty McGee, Juett Polivick, Cecil Polivick, Dale Terry, Josh Bryant, Norma Cates, Robert Hendrix, John Mike Ford, John Pace, Russell Turnbow, Charlie Cannon, T.C. Carder, Kathy Mason, Valarie Davis, Gail Carder, Tommy Edwards, Howell Cannon, Steve Cannon, Gilbert Nichols, Ricky O'Neal, Mary Jo Langston, Megan Story, Glyn Gupton, Chris Burpo, Maxine Todd, Mary Williford, Irene Wooley, Ina Sue Edrington, Howard and Maude Sims, and all at the Nursing Homes. We extend our sympathy to the families of Rev. Morris Lee and my cousin, Reda Ivey.

We were happy to have our daughter, Amy Tellier and granddaughter, Sarah visiting with us. They came in Friday night and are scheduled to go back to their home in Maryville, Tennessee Monday.

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FROM THE FATHERS HEART TO YOURS

How Great is Our God

"Great is the Lord, and greatly to be praised..." Psalms 48:1

I have been thinking a lot lately about how great God really is. The psalmist proclaimed it in the passage above and declared that God ought to be praised for His greatness.

As I pondered the greatness of God, my thoughts went to Hebrews 11 where we find recorded many people who knew first hand of God's greatness. These people were people that walked with God, had faith and believed the word of God to them.

Yet I find that many people today don't believe those miracles really happened. Even in theological seminaries the power of God is diminished to a happenstance. As a result these things are not preached in many pulpits as real miracles or that they just don't happen anymore. As a result of this, the people in the pews don't believe in the greatness of God.

During the times of all these displays of God's greatness, the prophets prophesied of a coming great one that would be a deliverer, healer, savior and would possess the great power of God. The prophets didn't understand when or to what manner of people this great one would come. Through prayer and searching they found that it was not to them He would come, but to us. This was so true that they found they could not be made perfect without us, they would have to wait.

When Jesus came He went about doing good and healing all who were oppressed of the devil just like the prophets said. He was and is declared to be the greatness of God in both word and deed.

Then Jesus displayed God's greatness in weakness. He submitted Himself to the will of God in all His ministry...the completion of His ministry being to humble Himself to the cross. Even though He could have used the great power of God to save Himself, He didn't. He had spoken of the day He would be beaten and crucified. But He made this declaration, "no man takes my life from me but I lay it down of my own free will for I have power to lay it down and I have power to take it up again. This I have of my Fa-

ther." The greatness of God was present in the sufferings of Christ just as it will be in our times of suffering. For if we suffer with Him, we shall also reign with Him.

Then the greatness of God was manifested three days later when Jesus rose from the dead. The scriptures declare in Ephesians chapter one that the greatest display of God's power was not in Noah's day, nor Abraham's. It was not in Egypt when Moses wrought miracles. It was not in the days of the prophets and it was not even when Jesus did miracles. But it was when God raised Jesus from the dead and seated Him at His own right hand in heavenly places and then having forgiven us our trespasses and sins, quickened us by the same power and raised us up to be seated in heavenly places in Christ Jesus! Wow! Selah! Let God arise and His enemies be scattered!

Then there is the greatness of God in secret places. The places where you can't see God doing a miracle, yet He is. There is no power as great as the one that changes the sinful heart of man and makes it clean and new! This is what happens when the spirit of God moves upon the face of the deep in man and a new birth takes place without man's help and is unseen by the natural eye yet will be brought to light by the same grace and power that conceived it and birthed it in the first place. To God be all the glory!

How great is our God! He is only as great as you perceive Him to be in your life. If you are a "show me" person, you will never see but if you can believe simply because you have heard by the scripture you are blessed. You will have a testimony to add to the other in the faith hall of fame.

"God is able to exceedingly abundantly above all we ask or think according to the power that worketh in us." (Ephesians 3:20)

From Father's Heart To Yours
Service time: Sunday at 10:30 am and Bible Study Tuesday 6:00 pm
For information, questions or prayer request and further ministry contact:
270-628-3730
brohale@fromfathershearttoyours.org
www.fromfathershearttoyours.org
571 St. Rt. 1935 Bardwell, 42023

COME VISIT US AT CORINTH UNITED METHODIST CHURCH!!!



Corinth United Methodist Church

PASTOR: BRO. EDDIE SMITH

cordially invites you to join them for Sunday School at 8:30 a.m. and Sunday Morning Worship Service at 9:30 a.m. and a Wednesday Evening Service at 5:00 p.m.

We are located on Highway 62 in Cunningham, KY 42035. Our phone number is 642-2258.

Mike Tankersley, Music Director
ReNea Riddle, Pianist
Kevin Davis, Bass Guitar



Calendar of Events
February 10 – Church Council meeting following evening worship @ 5:00 p.m.
February 17 – Singing at Countryside Nursing Home – 2:00 p.m.

This week's inspiration from the sermon titled "180 Gallons of Grace" and scripture verses John 2:1-11: Jewish weddings were festive events that lasted for seven days. Wine was served and was a basic staple of the time. To run out of wine at the event would be an embarrassment for the wedding party and their parents. When they ran out, Mary intervened. We don't really know why she chose to do so. She told Jesus that they had run out of wine and Jesus instructed the servant to fill the six 30 gallon jugs to the brim with water. The servant then took the water to the chief steward for a taste test. He declared that the wine was very good. This was Jesus' first miracle. The message of it is a transformation from an old religion to a new one – one full of guilt from not being able to keep the more than 600 laws to one transformed by grace. The new religion is one full of joy and happiness. It's a metaphor of new beginnings. Life is full of imperfect things and people. We must accept the imperfect and lay them at the feet of Jesus. Wine making is a slow process much like it is with our spiritual growth.

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AREA NEWS

Bardwell Lions Club Kicks Off New Member Drive WE SERVE

The club provides glasses for low-income persons, conducts special projects, raises money for the Annual Lions Club Telethon, and supports several youth organizations. The club also provides a meeting place for Scouts and Alcohol Anonymous plus the building serves as a Community Center which is available to other non-profit organizations rent-free. The building may be rented for family or other group activities. The Lions Club REALLY needs some younger new members! As the membership has aged and the club is

into the 2nd half of a century of community service, membership has dropped to the point that the club is finding it difficult to operate financially. A major decision is faced on how to continue operating. Unless non-attending members resume attending and/or renew their memberships – and new members who can and will be active are added, changes will be required. The club currently meets on the 2nd & 4th Mondays at 7:00 PM at the Lions Club building in Bardwell. Changes of meeting times will be considered If different meeting times would make it possible for several

new member to join. Membership is open to both men and women. If you are interested in becoming a Lion and helping this club continue its tradition of community service, please call Lion President Bill Wade @ 370-655-7798, Past-President Sonny Pearson @ 270-694-4571 or Secretary-Treasurer Dr. John A. Boyd @ 270-628-3515. We need you!



Preparing for Tax Season is Half the Battle

Jennifer Hunter
UK Extension Specialist for Family Resource Management

Now is the time when we start thinking about filing our income taxes from the previous year. Even though it's an annual event, it can cause anxiety for many. By preparing now, you can ease the process for yourself and your tax preparer.

The Internal Revenue Service tracks everyone by their Social Security number. Make sure you have your number and that of your spouses if filing jointly, plus the number(s) of your dependent(s). In addition to your W-2 or like form, you want to include information about any interest you earned from savings accounts, stocks or mutual funds as these are also taxable.

One of the largest deductions many people can claim is mortgage interest. If you have a mortgage, you should get a 1098 form from your lender specifying how much interest you paid in the last year. You will also want to remember any documentation for any additional deductions you may have, such as property taxes paid and charitable donations made within the past year. Common forms of documentation for charitable dona-

tions include a cancelled check if you gave a monetary donation or an itemized receipt if you donated clothes or other goods.

Your goal should be to break even at tax time, which means you don't receive a big refund from the state or federal government or you don't have to write a big check to either or both.

Every year, thousands of taxpayers will get refunds. While some consider overpaying in taxes on their paycheck a form of forced savings, you may want to consider how you could use this money throughout the year. The extra money could help you with such things as building your personal savings or emergency fund, making an extra house payment or paying off debt. To change your tax withholding, you will need to file a new W-4 form with your employer.

Many tax preparers advertise immediate money through tax refund advance services. However, these may not be the best idea for many. A fee is usually assessed in exchange for the quick cash. Tax refund advances are similar to a payday loan, and both are some of the most expensive ways to borrow money. According to the Consumer Ac-

tion website, annual percentages rates can range from 50 to 500 percent on tax refund advances. A tax advance refund, or rapid refund, is a loan. If for some reason your refund is less than anticipated, you could end up paying the difference between the two and possibly additional fees or interest. Perhaps a better way to get your refund quickly is to electronically file your taxes as early as possible and have it deposited directly into your checking account. By doing so, you could have your refund as soon as 10 days later.

If you owe the IRS money this year, you may want to consider changing your withholding status with your employer so more money can be taken out throughout the year, so you're not hit with a big payment next year. If you owe taxes but don't have the money to pay due to unemployment or a reduction in work in the past year, you may qualify for the IRS's Fresh Start program, which may allow you to repay your debt in installments without failure-to-pay penalties. There are income and tax limits associated with this program. For more information on it, visit <http://www.irs.gov>.

PUBLIC NOTICE

The Carlisle County Fiscal Court will discuss the adoption of a resolution to remove a portion of an existing road out of the County Road System. The name of the County Road is Jones Road and the number of said Road is County Road 1053. The meeting will be held on February 5th at approximately 9:30 a.m. at the regularly scheduled Fiscal Court meeting. A copy of the proposed Resolution with full text is available for public inspection at the Office of the County Judge/Executive during regular business hours.

PUBLIC NOTICE

Carlisle County High School SBDM Meeting Scheduled for Wednesday, 1/23/13 @ 4:30 p.m. in high school library has Been Rescheduled for Monday, 1/28/13 @ 3:30 p.m. in the high school library.

COMMONWEALTH OF KENTUCKY
CARLISLE CIRCUIT COURT
CASE NO. 11-CI-00065

JPMorgan Chase BANK, National Association
VS.
Vincent V. Vigil, et al.

PLAINTIFF

NOTICE OF SALE

DEFENDANTS

By virtue of order and judgment entered in the Carlisle Circuit Court on July 5, 2012 and order rescheduling sale entered on December 6, 2012, I shall offer for sale for satisfaction of judgment, interests, costs, and fees to the highest and best bidder on Tuesday, January 29, 2013 on or about 10:00 A.M., at the Carlisle County Courthouse, just inside the front door (located at 985 U.S. Highway 62, Bardwell, Kentucky), a certain parcel of land located in Carlisle County, Kentucky at 7786 State Route 80 East, Arlington, Kentucky 42021 and more particularly described on the attached Exhibit "A".

Said property shall be sold subject to all existing restrictions, utility easements, and rights-of-way now of record; any matters which would be disclosed by an accurate survey or inspection of the property; any current assessments for public improvements levied against the property; and to any right of redemption which may exist.

The property shall be sold for cash or on a credit of thirty days, with the privilege of the purchaser to pay purchase money at any time before maturity. If sold on credit, the purchaser shall pay ten percent (10%) of the purchase price in cash at the time of sale and shall execute sale bond for the remainder of the purchase price, with good and sufficient surety and bearing twelve percent (12%) interest per annum from the date of purchase until paid and fully due and payable in thirty days. If sold on credit, the commissioner shall retain a lien on the property until the purchase price and interest are paid in full.

All delinquent taxes shall be ascertained and paid and the property shall be sold free and clear of any liens of the parties herein. The purchaser shall be required to pay all property taxes against the property for 2013 and all subsequent years.

Should the purchaser default, the deposit shall be applied to any expenses that result from said default.

Some sales may be canceled and any announcements made at sale take precedence over printed matter contained herein.

The undersigned Commissioner does not have access to the inside of the subject property. This the 8th day of January, 2013.

Melanie W. Kelley
Melanie W. Kelley
Master Commissioner
Carlisle Circuit Court

Exhibit "A"
Parcel No.: 047-00-00-010.01
Legal Description:

A certain tract or parcel of land lying and being in Carlisle County, Kentucky, and more particularly described as follows:
Beginning at the Southwest corner of this tract at the North right of way line of Kentucky Highway #80; thence North 250 feet to a stake, corner with Joe Henderson line; thence East 178 feet to a stake, a new corner; thence South 250 feet to a stake at the North right of way line of Kentucky Highway #80; thence West 178 feet along the North right of way line of Kentucky Highway #80 to the point of beginning, containing 1.0 acres, more or less.
Being the same property conveyed to Vincent V. Vigil, and spouse, Helga R. Vigil who acquired title, with rights of survivorship by virtue of a deed from 7786 State Route 80 Land Trust, dated July 26, 2006, filed July 28, 2006, recorded in Deed Book 130, Page 660, County Clerk's Office, Carlisle County, Kentucky.
Address: 7786 State Route 80 East, Arlington, Kentucky 42021.
Parcel Number: 047-00-00-010.01.
Subject to all restrictions, conditions, and covenants and to all legal highways and easements.
Commonly known as: 7786 State Route 80 West, Arlington, KY 42021

Winter is Ideal Time for Pruning

Kenny E. Perry,
Extension Agent for Agriculture and Natural Resources

Although we're in the middle of winter now, it won't be too long hopefully before we have some warmer days to get outside and take care of a few chores. Late winter offers an excellent time to prune trees and most landscape shrubs and plants. Dormant plants just seem to tolerate the removal of their branches better than those that are actively growing and the cooler temperatures provide less opportunity for infection and disease growth. Here are a few rules of thumb to use when pruning plants.

Trees, shade and fruit, should be pruned when they are dormant or as the old-timers would say, when the sap is down. February is a perfect time. Make smart cuts, don't leave a long stub and don't prune too closely to the main trunk and cut into the collar. The end of a branch with a good pruning cut will be in the form of circle, not oblong. Don't make any type of cut where it al-

lows water to accumulate on the stub because that's a perfect situation for disease development. For example, like the ragged breaks from the ice storm a few years ago.

Shrubs that flower after June first should also be pruned in the winter or spring before new growth begins. They bloom on wood formed during the current spring or summer. Examples of some of these summer flowering shrubs are butterfly bush, clematis, peegee and oakleaf hydrangeas, crape myrtles and hybrid tea roses.

On the other hand, shrubs that flower before June should be pruned during or immediately after flowering. These produce blooms on wood formed the previous summer. By pruning them right after they bloom, you are allowing maximum time before winter to develop the wood for next season's show of flowers. If pruned during the winter or before flowering in the spring, flower buds are removed and blossoms are reduced or eliminated for the coming season. Some exam-

ples of shrubs in this category are forsythias, viburnum, azaleas, barberries and snowball bushes.

Successful pruning also requires a couple of other things. First, knowing how plants respond to pruning helps you shape plants to the form and size you want. Every time you pinch back growth with your fingers or make a pruning cut with shears, you stop plant growth in one direction and start it in another. Always prune to a growing point which faces in the direction you want the plant to develop. Secondly, pruners must have a good set of tools. Pruning shears, loppers and a good pruning saw are all necessities.

For more information, contact the Graves County Extension Office at 247-2334. (Source: HO-45, Pruning Landscape Trees and HO-59, Pruning Landscape Shrubs.) Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

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HEAT/AIR UNITS. COME SEE - MAKE AN OFFER. MOTIVATED SELLER.
#64368
REDUCED- 1009 RUDY ROAD - REALLY NICE PIECE OF PROPERTY FOR
THE MONEY! 4 BR, 2 BA. 1 ACRE LOT. COUNTRY SETTING CLOSE TO
MAYFIELD OR FANCY FARM. \$67,900 #64181

MCCRACKEN COUNTY
230 BRIARWOOD – REALLY NICE 3 BR, 2 BA BRICK HOME IN LONE OAK.
NICE FENCED BACKYARD, DECK, 2 CAR DETACHED GARAGE. LARGE
KITCHEN WITH FIREPLACE AT THE END OF EATING AREA OR FAMILY
ROOM AREA. GREAT NEIGHBORHOOD! \$149,900 #67424
REDUCED-145 FAIRVIEW – WONDERFUL 3 BR, 2 BA BRICK RANCH
WITH GLASSED SUNROOM AND ABOVE GROUND POOL AND DECK.
FAMILY ROOM WITH VENTLESS GAS LOGS. HARDWOOD FLOORS.
FANTASTIC BACKYARD. \$132,900 #66717
REDUCED- 6050 MCNUTT - 4 BEDROOM, 3 BATH, ONE LEVEL WITH
BASEMENT, BRICK HOME. SUNKEN LIVING ROOM WITH FIREPLACE.
NEW WINDOWS, NEW ROOF. STAINLESS APPLIANCES. HARDWOOD
FLOORS AND CERAMIC TILE. NEW DECK. 3+ ACRES IN THE LONE OAK
AREA. \$239,900 #61089

NEW LISTING-2108 JACKSON STREET--
LARGE ROOMS, UPDATED BATH, HARDWOOD FLOORS, NICE LARGE
ROOM UPSTAIRS, COULD BE EITHER MATER BEDROOM OR BONUS
ROOM. GREAT LOCATION. NEW FLOORING IN KITCHEN. FENCED
BACKYARD. NEED TO SEE-MAKE OFFER! #68467

BALLARD COUNTY
NEW LISTING- 4.374 Acres – Located on Morning Meadows Lane – Very
Nice Building Lot – Pond. Good Subdivision – cleared ready to build on.
\$32,900 #63358



REDUCED-
Cemetery Hill Road - Lot with Road Frontage. Mobile Homes permitted. Utili-
ties not available but not on the property. Lot size 239x130x220x134. \$2,500
#59187
NEW LISTING--1057 BEECH GROVE ROAD- REALLY CUTE 2 BED-
ROOM HOME. MANY UPDATES! FENCED FRONT YARD. CENTRAL
HEAT AND AIR. WILL BE HARD TO BEAT FOR PRICE! #43,000 #
68299



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OPPORTUNITY

SCHOOL NEWS

Flu Season Attacks Carlisle Schools

Flu season is upon us and in full swing. This was the case for Carlisle County School system this past week. At the end of Tuesday January 15, 2013, there were 109 students throughout the whole school who were absent or had gone home throughout the day with sickness. Randy McCallon, Carlisle County Superintendent stated, “We chose to take the two additional days off after the weather risks, to ensure that our students were back to the best health that they could be without spreading more of the flu to other students.”

The school dismissed Tuesday with the thought of coming back to school the following morning, but the students and teachers together were surprised for a full week out of school. Thursday and Friday were days that the students got out were for the flu and the sickness that had been going on within the school.

The dates that the students missed will be recorded and in the next couple of weeks a final schedule will be made as to when the tentative date for final dismissal is. Part of the scheduling conflict is the boys All a State Tournament, which the school system dismissed school Thursday. Whether the boys win or lose on Thursday will be a determining factor for the final dismissal day. "We will have to make up at least half of the days that we have missed. Students have a certain amount of instructional hours that must take place."

A few thoughts and tips for the rest of those who have not gotten the flu, quite yet. 1. Talk to your doctor. Get professional advice if you are at risk for complications from flu. 2. Wash your hands

frequently. Flu viruses are spread by droplets from infected people when they sneeze, blow their nose, or wipe away secretions from their nose or eyes. During flu season, everyone should be encouraged to keep their hands out of their mouths, avoid rubbing their eyes and wash their hands thoroughly several times a day, especially before meals. 3. Eat a healthy diet rich in vitamins C and E. Foods containing these vitamins are believed to be helpful in supporting the immune system. Foods rich in vitamin E include sunflower and corn oils, sunflower seeds, and nuts such as almonds and peanuts. You can get your daily vitamin C from foods like orange juice, citrus fruits, broccoli and green peppers. And make an effort to reduce your intake of concentrated sugar (e.g. soda, candy) because excessive sugar impairs the immune response. 4. Get a good night's sleep. Lack of sleep may profoundly inhibit your immune system. Get a full night's sleep to keep your body's natural defenses at optimum efficiency. 5. Stay hydrated. Increasing your water intake will help you stay healthy and lessen the chance of you coming down with flu. When you are feeling under the weather, drinking extra fluids prevents dehydration caused by fever, loosens mucus, and keeps your throat moist. Warm liquids are preferable, and there is some evidence that inhaling steam early in the course of a cold or flu may reduce the spread of viruses in your upper respiratory tract. 6. Keep Oscilloccinum® readily available. Oscilloccinum (Oscillo®), one of the world's most popular natural

flu medicines, can reduce the duration and severity of flu-like symptoms when taken at the onset of symptoms. Its use is supported by published clinical studies, as well as more than 65 years of use throughout the world. Plus, unlike other flu medicines, Oscillo has no known side effects, it does not interfere with other medications, and it is safe for both children (older than 2 years of age) and adults. 7. Exercise regularly. Not only can regular exercise lower stress, but research indicates that exercise can stimulate the immune system and promote healthy sleep. In a recent study reported in Medicine and Science in Sports and Exercise, scientists found that modest exercise may prevent the elderly from getting colds and flu. 8. Listen to your body. If you do come down with a cold or flu, take it easy. Spending excessive energy steals valuable resources from the immune system. Even attempting to perform normal activities at work or school may be too much. Besides, if you believe you're coming down with flu, probably the best thing you can do for friends and family is to not expose them unnecessarily to the virus. 9. Seek help if you get worse. If your symptoms become significantly worse after the first three days of illness, especially if your fever subsides and then returns, be sure to seek medical attention right away. The reason that flu is considered a potentially dangerous infection is that it leaves the body vulnerable to other infections like pneumonia.

Community Calendar of Events

January 23, 2013
Carlisle County SBDM Council will meet in the High School Library at 4:30 PM.

Carlisle County Senior Citizens Calendar of Events

2013 CARLISLE SENIOR CITIZENS ACTIVITIES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAPPY NEW YEAR! Senior Center Closed	2 Peggy Henshaw- Blood Pressure-11:00	3	4
7	8	9 Peggy Henshaw- Blood Pressure-11:00 Corrissa Vineyard- Heater Safety Education-11:00	10	11
14 CSFP-Cheese Day-8:00-2:00-One Day Only	15	16 Peggy Henshaw- Blood Pressure-11:00 Lisa Adams-Nutrition- 11:00	17	18
21 Martin Luther King Jr. Day Senior Center Closed	22	23 Peggy Henshaw- Blood Pressure-11:00	24	25
28 TEFAP Day- Commodities-8:00- 2:00-First Come First Serve-One Day Only	29	30 Peggy Henshaw- Blood Pressure-11:00	31	

Good Luck
Carlisle County Comets!!!

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Barry Danowski • Loan Officer

Hailey Cook • Mortgage Loan Originator

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Clinton Service Center

Patricia Kelly • Loan Officer

270.653.4307

Hickman Service Center

Chuck Murphy • Relationship Manager

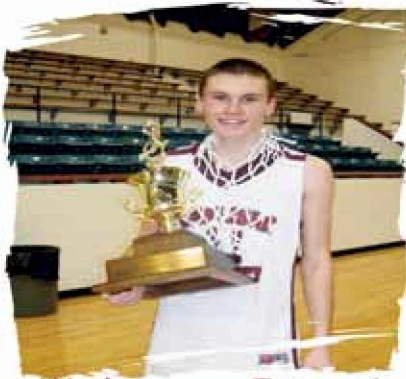
Matt Russell • Loan Officer

270.236.2531

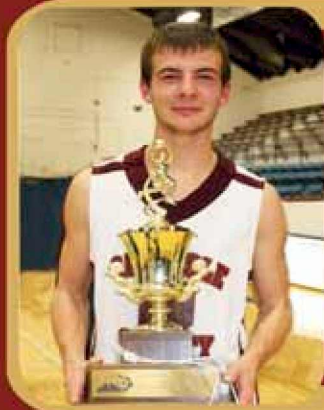
GOOD LUCK COMETS!

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wishes
the COMETS
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cheerleaders
the best of
luck at state!

#11
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Congratulations!
Mom & Dad



Cody,
We are so
proud
of you!
Love,
Mom & Dad



WAY TO GO
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Hope you go
ALL the WAY!

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BEST of Luck Boys
& Good Luck
CHEERLEADERS
AT STATE!

GOOD LUCK
COMETS
&
CHEERLEADERS
AT STATE!



AGRI-CHEM
TODD HICKERSON 270-628-3311

GOOD LUCK
BOYS!
LET'S
GO
COMETS




GOOD LUCK
CHEERLEADERS!



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GOOD LUCK AT
STATE!
BEST OF LUCK
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Take it all
the way
COMETS!


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CUNNINGHAM, KY
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CONGRATULATIONS
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& COMET
CHEERLEADERS!
WE ARE PROUD OF YOU!

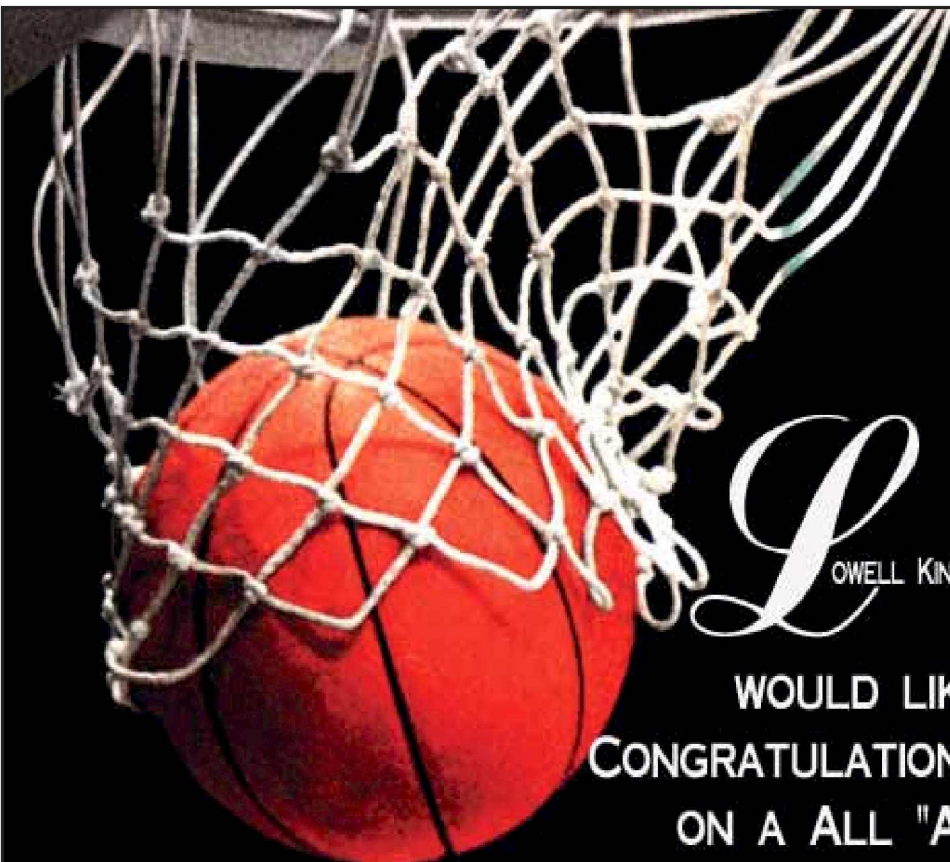
CARLISLE WEEKLY
Michael Toon, Publisher
Kendra Hays, Editor

COMETS

*Congratulations
on your win!
Keep up the
hard work!
Take it all
the way!*



Carlisle County Farm Bureau
105 Elm Street
Bardwell, KY 42023
Office: 270-628-5449



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OWELL KING INSURANCE SERVICES, LLC

WOULD LIKE TO SAY
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GOOD LUCK AT STATE!
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GOOD LUCK
COMETS
&
CHEERLEADERS!



Carlisle County Comets

Region 1
Champions
1966

Region 1
Champions
1971

Region 1
Champions
1975

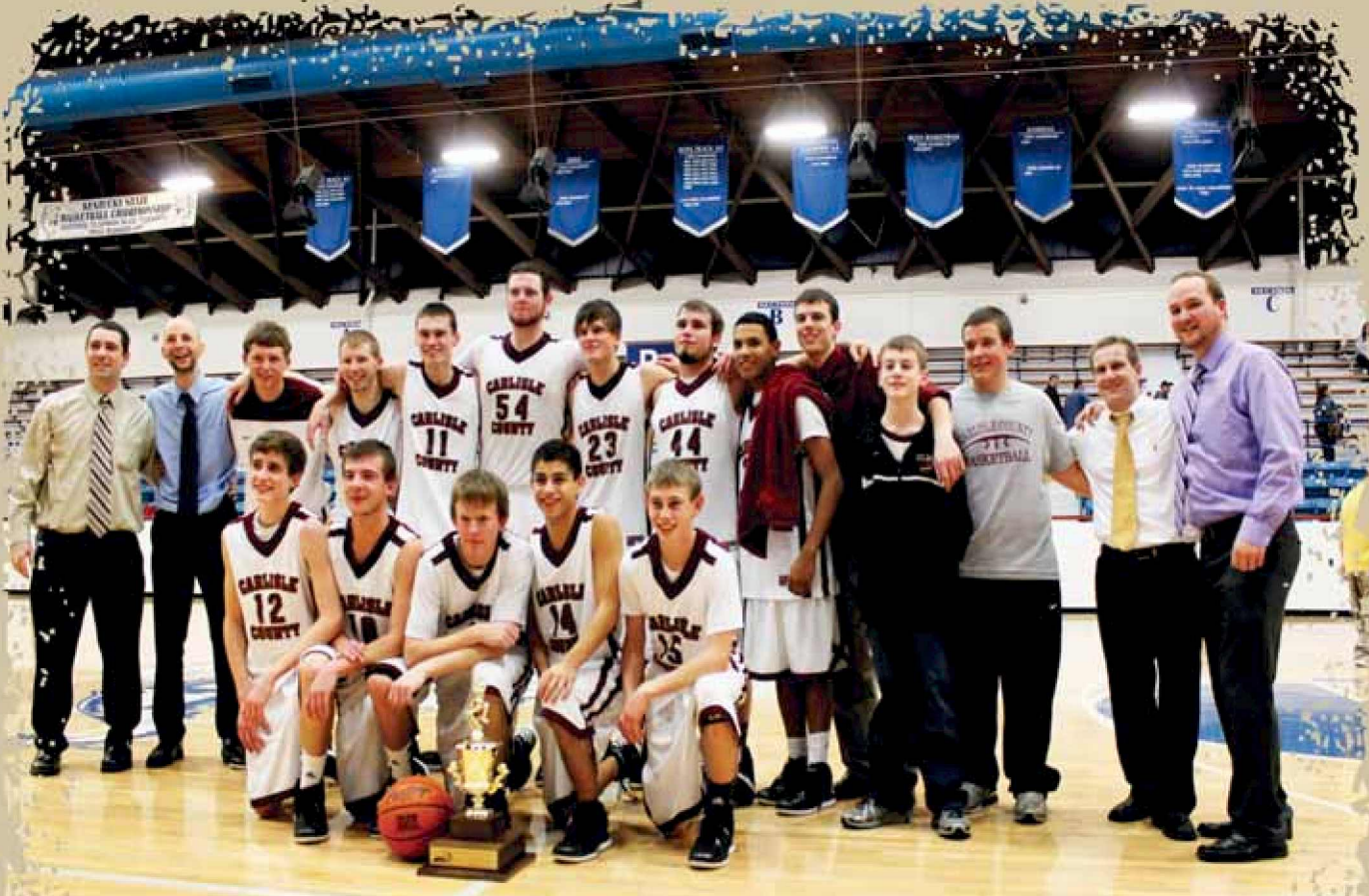
State
Runner Up
1983

Region 1
Champions
1983

Region 1
Champions
2001

Region 1
Champions
2004

All A
Champions
2004



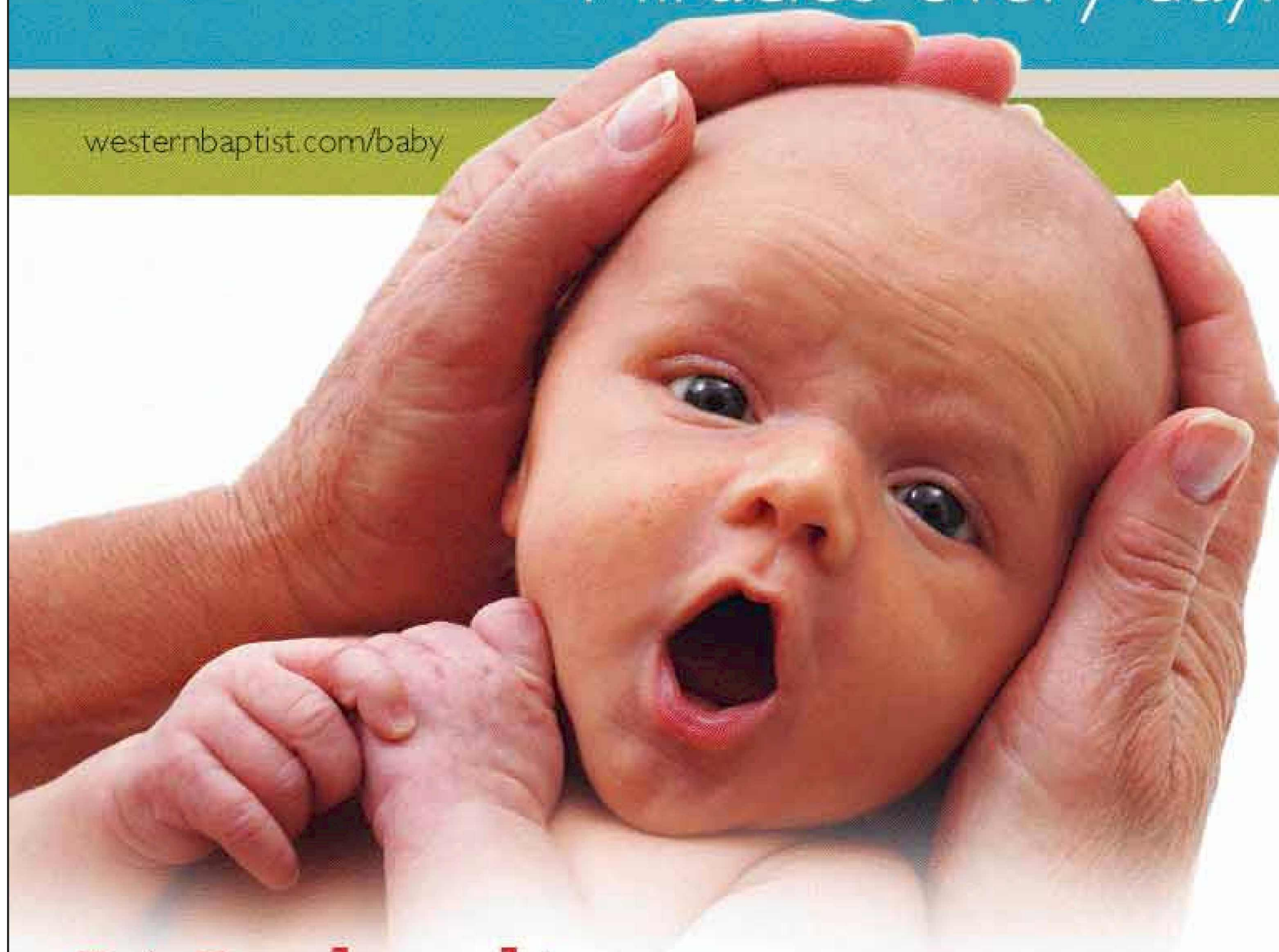
2013
All A
Champions

Congratulations & Good Luck at State!

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We believe in miracles because we see them going home every day.

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- Private rooms, designed for rooming in with your baby, enhance your family experience.
- KangarooCare provides special bonding time after delivery.
- A lactation counselor and breastfeeding educators are available to assist with feeding your baby.
- Your friends and family can see your baby's photo online in the Stork'sNest and on WPSD News Channel 6.
- Registered nurses are a free phone call away – even after you go home – through our StorkLine: **1-800-575-BABY**.
- More moms choose to have their babies at Baptist than at all other western Kentucky hospitals combined.
- WomenCertified® says it's the Best Hospital for Patient Experience in Obstetrics.
- **Coming soon:** Mother-baby care.

